



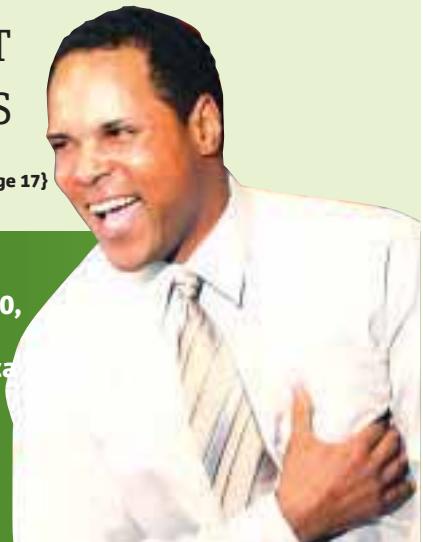
BANANA SPLIT
READERS WEIGH IN ON
THE LONDON FRUIT
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**SPORTS BAR SCORES
WITH HEARTY
FAVOURITES**
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HALL-WORTHY

FORMER REDS GREAT
BARRY LARKIN JOINS
BASEBALL'S ELITE {page 17}



LONDON

metro



Tuesday, January 10,
2012
www.metronews.ca



News
worth
sharing.



► Rob White, 49, of London gives the solidarity sign while walking the picket line outside Electro-Motive Diesel on Oxford Street East on Sunday.

More at stake than the bottom line

White, an employee of Electro-Motive for 23 years, is one of about 450 Canadian Auto Workers who have been locked out by the company since the beginning of the month. Read his story and those of other locked-out workers on page 4.

City unveils Thames plan

► Measures would cost \$15 million with money already included in capital budgets, officials say ► Corridor plan started in 2007



ANGELA
MULLINS
@METRONEWS.CA

A new 15-year strategy for developing the Thames Valley Corridor could begin as early as this year.

One of the first steps involves planning for what is considered a critical link in the corridor's walking and biking path. The link would bridge the area between Richmond and Adelaide Street North.

Construction isn't likely to begin until 2014, but building the trail was one of the key priorities spelled out during public input on the plan, said Andrew Macpherson, city manager of parks planning and design.

"It was almost the highest priority," Macpherson said. "It was second only to protecting natural areas."

Other work slated for this year includes seeking federal money to protect at-risk river species.

City council's strategic priori-

CITIZEN ENGAGEMENT

Get involved, council urges

City council is expected to vote Jan. 31 on a new policy aimed at increasing citizen involvement at city hall. The policy establishes a framework for community engagement and sets benchmarks for measuring success. Among its 12 recommendations is creating an ambassador program that takes engagement efforts into London's neighbourhoods. ■ ANGELA MULLINS

ties and policy committee got its first official glimpse of the new corridor plan on Monday evening. Councillors approved the document along with a request for information about federal funding available to improve water quality in the river.



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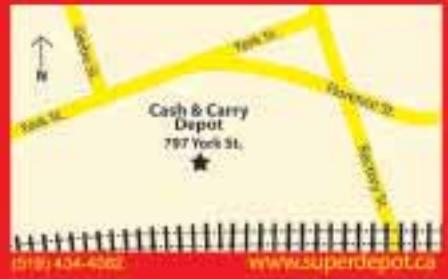
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Thames. Dip



► Tyler Hopkins, 21, of Sarnia climbs out of the Thames River after taking a dip Monday morning near Ivey Park.

ANGELA MULLINS/METRO

A bet's a bet, and this loser takes it swimmingly

Hopkins submerged himself in the frigid water after losing a bet with friends. The bet has become an annual tradition for the group of friends who chose the Thames as the loser's designated swimming hole years ago after a night of partying in London.

Knights acquire Petes' centre

The London Knights have added depth in the middle.

The Knights acquired centre Austin Watson and a fourth-round 2016 draft choice from the Peterborough Petes for right-winger Chase Hatcher and three picks.

"Austin Watson is an elite player that plays hard — 200 feet of the ice," said Knights assistant coach Misha Donskov. "He's a big kid that is offensively gifted, plays with an edge, and will provide us with a power forward we can utilize in all situations."

Watson, a first-round choice of the Nashville Predators in 2010, has 33 points (14 goals, 19 assists) in 32 games. The six-foot-three, 187-pounder turns 20 on Friday, when the Knights host the Kingston Frontenacs.

Hatcher, 17, had one goal in nine games with the Knights. He's listed at six-foot-three, 181 pounds.

● JIM REYNO

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news



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An Israeli politician caps a heated argument with a colleague by dumping a glass of water on him.
Watch at [metronews.ca/video](#)

JLC banana case closed with fine

► Justice of the peace, lawyer say banana hurler isn't a bigot ► Man has written letters of apology to NHL brass

 ANGELA MULLINS
@METRONEWS.CA

Christopher Moorhouse may very well be the first person cited for throwing an object onto the ice at the John Labatt Centre.

Speaking hours after Moorhouse, 26, pleaded guilty Monday to an offence under the trespassing act, a police spokesman said he knows of no similar cases that have passed through the London department.

"I would say, uh, no," Const. Dennis Rivest said when asked if issuing a citation for such behaviour is common.

So why did Moorhouse — cited after throwing a banana that landed near black Philadelphia Flyers forward Wayne Simmonds



► Chris Moorhouse

and nothing could be further from the truth."

There's no doubt Moorhouse was held accountable because of a "public cry for something to happen," said Phillip Millar, a former Crown attorney who now has a private practice.

"The only reason he's being charged is because of the steam that got out there that this could be a hate crime," Millar said. "If he would have had an apple in his hand, he might have thrown an apple."

Officials at the JLC declined to say if Moorhouse has been banned from the facility. They also declined to comment on whether the incident has led to changes in arena policies or security. **WITH FILES FROM AM980/AM980.CA**

Tosser take



We asked readers via social media if they thought the \$200 fine for the JLC banana-tosser is a fair decision. Here's what you said:

► @LeGiff: Yes... it's not his fault the banana was racist. People should be more careful with their fruit selections!

► @NikkehSass: I don't understand how throwing a banana at a Black player isn't seen as racist. Most know the symbolism, or should know it!

► @Ohillyra: I wonder if there would have been as much uproar if a tomato was thrown, and the player happened to be Italian.

► @coreydownie: Until this incident, I had not once heard of a banana being racist. I think it was fair.

► @JannyMoore: That's just a wrist slap! Anyone who says banana toss isn't racist is obviously lying or naïve. Reflects poorly on city.

Facebook:

► Katie Naus: Taking what he has said about the situation, and giving him the benefit of the doubt, I think this is a fair decision.

► Joe Fuller: Nope. I don't see how you can drop the fine from a potential \$2000 to a measly \$200. Should of paid at least \$1000.

► C-roj Bannon: It's a banana and the city has way more things to spend our money on than keeping this thing open!

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Stories from the picket line

ANGELA MULLINS/METRO

► **Battle between Canadian Auto Workers, Caterpillar boils down to families** ► **Some say outlook is 'bleak' as union lockout enters second week**



ANGELA MULLINS
@METRONEWS.CA

Rob White made the move to Electro-Motive Diesel 23 years ago. Ian Jackson was hired 18 years ago. Antonio Guevarra is a relative newcomer to the plant, with six years under his belt. Each took different paths to the London locomotive maker but each saw the factory as a chance for job security and good wages.

With rumours the plant will be moved state-side swirling, the men talked candidly with Metro about their pasts and thoughts for the future.

Rob White, 49

ANGELA MULLINS/METRO



is repeating itself for White. He has vivid memories of being a concerned teenager watching as his father walked a picket line. The lessons he learned then have helped him deal with today's reality.

"I've been able to explain to (my kids) ... that you get through it. Life does go on," White said.

That said, White can't help but see his younger fears reflected in his boys: 17 and 15. The family's financial future uncertain, White's eldest son has started questioning if he should pick a college over a more expensive option — university — next year.

"I keep telling him not to worry about that," White said. "I'm going to have do what I have to do (to make sure) they get what they need."

Watford resident said. "I had been off for a year ... putting three resumes a day out."

Now, he's worried that could happen again. Only this time, Jackson has no intentions of staying in southwest Ontario and waiting out the dogged economy.

"If this place closes, we have to move," he said, his 16-year-old son standing next to him on the picket line. "Where do you get a job that has family ... benefits ... in London? Most of the jobs that provide (that) have disappeared."

With his other child working through her first year in college, Jackson sees no alternative to finding a new home near more jobs.

"If you don't go to work, how do you support

your family?"

A young family at the forefront of his mind, Guevarra left a decent job for work as a locomotive tester.

"(I) moved for what I thought was going to be a better opportunity," said Guevarra, a Londoner. "It was, until Caterpillar came in."

Since then, the union and job security has been under attack, Guevarra said.

Like many others along the picket line, he's brought his children — 11 and seven — along with him.

"I worry about my kids."

At the same time, Guevarra wants them to see the "harsh reality" he and

others are facing.

If the plant closes, Guevarra said he will likely return to school and get trained for another line of work, something that will put a financial burden on his family.

Everyone needs to take note of the situation at Electro-Motive, he said.

"I'm worried about the general state of labour. If we lose this fight, this is

450 Estimated number of Canadian Auto Workers locked out of Caterpillar-owned Electro-Motive Diesel plant since Jan. 1. The workers' contract expired Dec. 31 with the company's last offer cutting wages by more than 50 per cent.

going to happen to somebody else."

Caterpillar statement

The public-relations firm representing Electro-Motive parent company Caterpillar issued the following statement Monday: "Electro-Motive Canada has made an adjustment in the salaried workforce at its London plant, in

keeping with the facility's needs.

The fewer than 20 operational and administrative workers involved will receive separation payments that are commensurate with their length of service, as well as benefits."

CAW officials had yet to respond to the latest news from the company.

AM980/AM980.CA

A Windsor native, White moved to London in 1989 — shortly after his employer, a bridge-building company, shuttered its doors. An offer from Electro-Motive Diesel was the reason he chose the Forest City for his second home.

In many ways, history

When Electro-Motive Diesel offered him a job, Jackson was barely making ends meet.

"I literally had welfare sitting at my table," the

Enrol in the STOP smoking program

Londoners have the opportunity to enrol in the STOP (Smoking Treatment for Ontario Patients) program and receive free nicotine replacement therapy.

To see if you are eligible

to participate, call the Middlesex-London Health Unit at 519-663-5317, ext. 2673. ■ METRO

.....
For more local news visit metronews.ca/london



Buy one cat, get another

The London Animal Care Centre has a companion cat promotion this month. With the adoption of one cat at full adoption fees, a second companion cat may be adopted for \$20. ■ METRO



► Meow

More than 10 per cent of 911 calls pocket dials

According to new figures released Monday by London police, more than one out of every 10 calls to a local 911 dispatcher was made by mistake.

Between August and November 2011, police say

they received 6,622 pocket dials. That accounts for 11.24 per cent of 911 calls during that period.

Police suggest people lock their phone's keypad before stashing the device.

AM980/AM980.CA

Accused mom testifies at Shafia trial

► Tooba Yahya is facing trial in case prosecutors allege was so-called honour killing

A woman accused of killing her three daughters and her husband's other wife testified in her own defence Monday in Kingston, Ont.

Tooba Yahya, 42, is on trial for murder along with her husband, Mohammad Shafia, and their son. Collectively they are accused of killing their four female relatives over family honour, pushing them into a canal in a car and drowning them.

Shafia sisters, Zainab, 19, Sahar, 17, and Geeti, 13, along with Rona Amir Mohammad, 52, Shafia's other wife in a polygamous marriage, were found in a car at the bottom of a canal in Kingston on June 30, 2009, when the Montreal family was heading home after a trip to Niagara Falls, Ont.

The Crown alleges that Shafia in particular was upset that the girls were dating and telling authorities they didn't feel safe at

In court

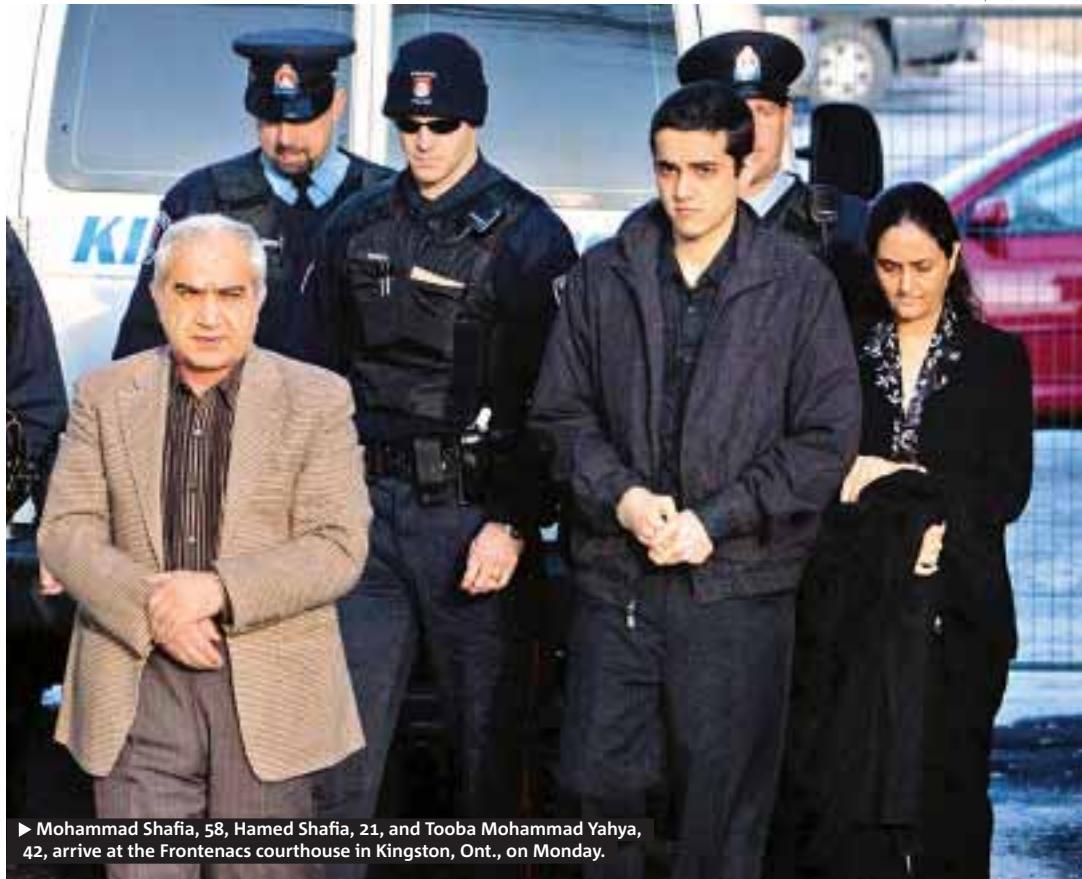
► Pleading not guilty. Tooba Yahya, Mohammad Shafia, 58, and their eldest son, Hamed, 21, have each pleaded not guilty to four counts of first-degree murder.

► Curfew. Tooba Yahya said there were no rules in the household dictating what the girls should or shouldn't wear, and all the children were subject to the same curfew.

home, and that they were killed to restore family honour.

Court has heard evidence that Mohammad was deeply unhappy in the home and that Shafia and Yahya severely restricted her movements and telephone use. Yahya refuted that as the trial resumed Monday after breaking over the holidays.

THE CANADIAN PRESS



► Mohammad Shafia, 58, Hamed Shafia, 21, and Tooba Mohammad Yahya, 42, arrive at the Frontenacs courthouse in Kingston, Ont., on Monday.

LARS HAGBERG/THE CANADIAN PRESS

Tourist lives to tell tale of bungee-jump mishap

An Australian tourist bungee jumping in Africa plunged 111 metres into a river when her cord snapped, but she managed to swim to safety with a broken collarbone and her legs tied together.

Erin Langworthy told Nine Network television news Sunday that she blacked out briefly when she hit the Zambezi River on the border of Zambia and Zimbabwe on Dec. 31.

"I felt like I'd been



► Erin Langworthy, 22, of Perth, Australia, bungee jumps over the Zambezi River on Dec. 31 in Victoria Falls, Zimbabwe.

slapped all over," the 22-year-old from Perth said.

Video taken of the jump shows the cord snapping and Langworthy smacking into the river before the current pulled her into rapids.

"You get sucked under and then you pop up, so it's very disorienting — I didn't know which was up or down," she said.

She said the trailing cord repeatedly snagged, so she "had to swim down and



To watch the video, scan the code or go to metronews.ca.

yank the bungee cord out of whatever it was caught on to make it to the surface."

Langworthy swam through the rapids to reach

the Zimbabwe bank.

Southern Province Police Commissioner Brenda Muntemba told the Post Zambia newspaper that Langworthy was treated at a clinic in Zimbabwe before being evacuated to South Africa.

The jump from the Victoria Falls Bridge is operated by Safari Par Excellence, whose website describes the bungee experience as "111 metres of pure Adrenalin!" THE ASSOCIATED PRESS

Suspects arrested in Tim Hortons thefts

Two men have been arrested following overnight thefts at five Tim Hortons restaurants in the Toronto area in which debit machines were stolen from

drive-thru windows.

Two suspects, both aged 20, were arrested. Between them, they face 48 theft-related charges.

TORSTAR NEWS SERVICE

Cops facing a tongue twister

Authorities in Wisconsin are facing a tongue twister thanks to the arrest of Beezow Doo-Doo Zopitybop-Bop-Bop. THE ASSOCIATED PRESS

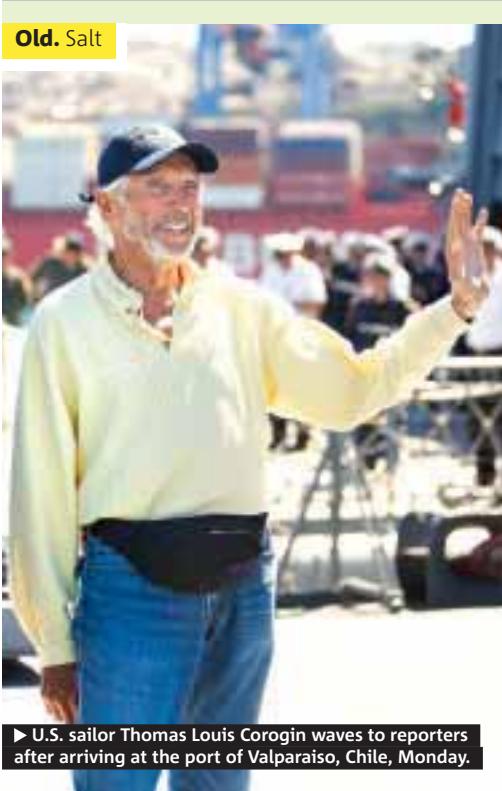


► Beezow Doo-Doo Zopitybop-Bop-Bop

Man allegedly stole from dead woman

An Ontario man is facing charges after allegedly taking a woman's purse as she lay dead following a hit-and-run.

The 20-year-old woman was struck and killed early last Sept. 18 as she was crossing a street in Hamilton. THE CANADIAN PRESS



► U.S. sailor Thomas Louis Corogin waves to reporters after arriving at the port of Valparaiso, Chile, Monday.

ROBERTO CANDIA/THE ASSOCIATED PRESS

No longer all at sea

Thomas Louis Corogin put out an emergency distress signal on Jan. 2 after cracks in his mast made it impossible for him to raise his sails. The 84-year-old American sailor is in good condition after Chile's navy rerouted a Japanese merchant ship to his location.

News in brief

Bomb-plot suspect arrested

FLORIDA. A 25-year-old man from the former Yugoslavia was charged with an alleged plot to attack crowded locations in the Tampa area, including nightclubs, with a car bomb, assault rifle and other explosives, federal authorities said Monday.

The U.S. Department of Justice announced the arrest of Sami Osmakac, whose first appearance in federal court was scheduled for Monday afternoon.

Authorities say Osmakac is a naturalized U.S. citizen who was born in the former Yugoslavia. He has been charged with one count of attempted use of a weapon of mass destruction. **THE ASSOCIATED PRESS**

Threats left on dumped bodies

MEXICO. Police in western Mexico have found 13 bodies at a gas station in the state of Michoacan. Michoacan is home base to The Knights Templar cartel, a pseudo-religious gang specializing in methamphetamine production, drug smuggling, extortion and other crimes.

THE ASSOCIATED PRESS

Celeb chef too posh to pay?

BRITAIN. A celebrity chef apologized on his website Monday after he was caught shoplifting from a supermarket. Antony Worrall Thompson was arrested Friday after reportedly stealing cheese and wine from a Tesco store in the posh riverside town of Henley-on-Thames, west of London. **THE ASSOCIATED PRESS**

'Why, Oscar?' mom asks

► Hundreds of people attend funeral of Canadian who died in police custody while visiting Grenada ► Five officers charged with manslaughter

A Toronto man allegedly beaten to death by police in Grenada was remembered Monday as larger than life.

Grenada's prime minister was among the attendees at a funeral for Toronto resident Oscar Bartholomew.

The 39-year-old died in police custody after his arrest on Boxing Day.

The death of Bartholomew, who was visiting his homeland over Christmas, has evoked outrage and sympathy.

As a result, his funeral in the hamlet of Crochu has garnered widespread attention throughout the tiny country.

Dolette Cyr Bartholomew, his wife of 10 years, sat stoically in the church with her



► Oscar Bartholomew's mother Andrianne, 71, at her son's casket during his funeral Monday in Crochu, Grenada.

COLIN PERKEL/THE CANADIAN PRESS

daughter Melanie, who brushed away tears during the service.

Father Anthony Marfo Dwomo spoke of forgiveness during his homily while others remembered Bartholomew as a man

who was larger than life and loved his family.

Roslyn Charles, a friend from Toronto, recalled Bartholomew as "quiet" and hard-working.

"I've never seen this guy in any trouble," Charles said.

Earlier, Bartholomew's mother Andrianne had to be restrained by relatives

at his open casket as she wept, "Why, Oscar?"

Bartholomew's death has also highlighted claims from those who say Grenada suffers from a systemic problem with poorly trained and poorly disciplined police.

Monday, some relatives erupted in anger as uniformed police, outside to keep order during the funeral, went into the church. The officers were forced to leave.

THE CANADIAN PRESS

"One hopes that, out of this, some light will be shed on the whole aspect of police brutality."

TREVOR BARTHOLOMEW,
DECEASED'S COUSIN

Rwandan seeks delay of expulsion from Canada

PAUL CHIASSON/THE CANADIAN PRESS



► Leon Mugesera arrives with his wife Jemma at Federal Court in Montreal on Monday.

A Rwandan man who has fought for years to stay in Canada is making a last-ditch legal plea to stave off deportation.

Leon Mugesera's lawyer will be in Federal Court today seeking a judicial review and a delay of Thursday's scheduled expulsion.

The Quebec City man is accused of helping to incite Rwanda's massacres by delivering a 1992 speech that promoted the genocide of ethnic Tutsis.

Hutu-backed militias led the 100-day massacre of Tutsis and Hutu moderates in 1994, killing between 800,000 and one million Rwandans.

Mugesera has lived in Quebec since 1993 and says he fears for his life if he is returned to Rwanda.

He is demanding that any allegations against him be heard in Canada.

Lawyer Johanne Doyon will argue on his behalf.

Mugesera encouraged Hutus in 1992 to fight back against Tutsis, referring to them as cockroach-

es and calling for their extermination.

A warrant was issued for his arrest but he fled to Canada and quickly gained permanent resident status.

Mugesera has been fighting Canadian authorities since 1995.

Two Canadian immigration tribunals upheld decisions to deport him but the Federal Court of Appeal overruled their decision.

Federal lawyers argued the case right up to the Supreme Court of Canada, which ordered his deportation in 2005. **THE CANADIAN PRESS**

They ruled in a unanimous verdict there were reasonable grounds to believe Mugesera had committed a crime against humanity.

Canada has been reluctant to deport Mugesera in the past because he could have faced the death penalty in Rwanda.

However, Rwanda dropped the death penalty for convicted war criminals in 2007.

A final decision against Mugesera was rendered in December that declared his life would not be in danger if he were returned. **THE CANADIAN PRESS**

Business outlook hits a low point: Survey

► For first time in almost 3 years, firms expect sales to slow over next year ► But plans to hire have increased

Canadian businesses are becoming more pessimistic about the economy and their future prospects for sales both at home and in foreign markets, the Bank of Canada said Monday.

The central bank's survey of senior management at 100 representative firms shows confidence is well off post-recession highs across the broad spectrum of issues — from sales expectations to investment and hiring intentions, to their ability to pass through their costs to customers.

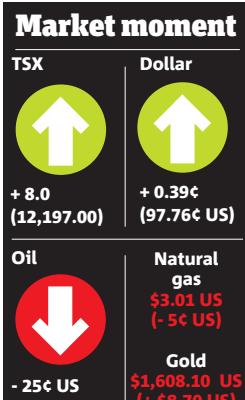
It is difficult to say whether business executives are the most pessimistic since the recession because the question posed is relative to the past year, but the central bank notes the result suggests firms are more worried about selling their products into

the softening demand globally and domestically.

In the survey, 41 per cent said they expected their sales pace to slow, as opposed to 37 per cent that expect an increase. The rest were neutral.

"Overall, the weak U.S. economic outlook, concerns about adverse effects from the situation in Europe and an expected slowing in household spending were among the factors dampening sales prospects," the bank report states. "Of those firms anticipating higher sales growth over the next 12 months, many cite plans for new product development or diversification into new domestic or external markets."

Even respondents in the resource-rich West expect sales growth to slow, albeit



coming off a strong performance in 2011, the bank says. Canada's gross domestic product growth has slowed from 3.5 per cent in the third quarter to what is expected to be about 1.5 per cent this year.

THE CANADIAN PRESS



JULIE JACOBSON/THE ASSOCIATED PRESS

The latest in electronics in Vegas

The 2012 International CES trade show, the world's largest consumer-electronics exhibition starts Tuesday.

104 If Iberia pilots strike again on Wednesday, it will force the Spanish airline to cancel another 104 flights, affecting 23,000 passengers in total on long-haul, medium-haul and domestic flights.

Pilots plan to strike again

Spanish airline Iberia says it cancelled 109 flights on a third day of stoppages by pilots protesting the company's planned new budget carrier. Iberia said it rescheduled flights for most passengers. Pilots union SEPLA says it will strike again Wednesday. SEPLA says the creation of Iberia Express will lead to job losses. Iberia says the strikes will affect 23,000 passengers on various flights. THE ASSOCIATED PRESS

Intel seeks to save celebrity scientist's speech

Intel Corp. is looking for ways to help famed British physicist Stephen Hawking reverse the slowing of his speech, according to a senior executive with the American chipmaker.

Hawking was 21 when he was diagnosed Lou Gehrig's disease, an incurable degenerative disorder that has left him almost completely paralyzed. While an infrared sensor attached to his glasses translates the pulses in his right cheek into words spoken by a voice synthesizer, the

nerves in his face have deteriorated and those close to him say his rate of speech has slowed to about a word a minute.

Speaking Sunday at a conference celebrating Hawking's 70th birthday in Cambridge, England, Intel chief technology officer Justin Rattner said his company had a team to explore ways to help the celebrity scientist communicate.

"This is a research project," Rattner said, adding that solutions based on brainwaves or eye tracking



► In this December 2011 photo, Prof. Stephen Hawking sits in his office at the University of Cambridge, in Cambridge, England. Hawking, who has Lou Gehrig's disease, was unable to attend a conference celebrating his 70th birthday and honouring his career on Sunday.

were among the technologies being considered.

Rattner said that high-definition cameras could pick up on the minute movements in Hawking's face to synthesize his speech. "My wager is some form of facial feature recognition will unlock it for Stephen," he said.

The company has long provided Hawking with technological needs — including speech software and the connection that links his wheelchair-mounted computer to the Internet. THE ASSOCIATED PRESS

Hawking history

- Hawking is an expert on cosmology and the author of a bestselling series of theoretical astrophysics books.
- He overcame his deteriorating speech for a while by dictating scientific papers, or speaking through an interpreter.
- He lost his voice after a tracheotomy in 1985 and a computer was built to synthesize his speech in a robotic monotone.

Swiss bank chief resigns

Swiss National Bank chief Philipp Hildebrand resigned Monday, acknowledging he could not prove his innocence amid a public uproar over his private currency deals.



► Hildebrand

Hildebrand's resignation took effect immediately, Switzerland's central bank said in a brief statement. Vice chairman Thomas Jordan stepped in as chairman.

The move came just before a Swiss parliamentary committee was to grill Hildebrand behind closed doors about currency deals that raked in fat profits while his own central bank was actively working to lower the value of the Swiss franc. The dollar swaps netted Hildebrand and his wife tens of thousands of dollars in profits last year. THE ASSOCIATED PRESS

Stagnant car sales predicted for 2012

Canadian drivers will continue to be frugal when shopping for vehicles, leaving little room for growth in 2012, the Canadian

presidents of North America's largest automakers said Monday.

Automakers are bracing for another tepid year as consumer confidence in the world economy remains shaky, the Canadian heads of the so-called Detroit Three automakers said in interviews from the city's annual auto show.

"Would we like to see the industry growing like

in the United States and other parts of North America and around the globe? Absolutely, but our best analysis says that we're going to be flat to slightly down," General Motors Canada president Kevin Williams said.

Some markets like China are seeing soaring growth as they develop their auto industries.

THE CANADIAN PRESS

IN DEFENCE OF STAYING IN

SHE SAYS ...

JESSICA NAPIER
METRO



After weeks of office parties, festive get-togethers and family dinners, January provides a welcome relief from being overscheduled. With nothing to do and nowhere to go, a bare calendar feels like the ultimate luxury.

While the gloomy stretch between the holidays and spring is an ideal time to be anti-social (read: broke and lazy), there are still plenty of people who will try and coerce you out of your sweatpants and into a taxi headed for a night out on the town.

Sure, a cocktail can be nice, and every good Canadian girl knows how to navigate icy sidewalks and snow banks in her least sensible heels, but as the temperature dips, the idea of going to a club or a bar or anywhere that isn't

your own living room becomes less and less appealing.

I think we should stop trying so hard to have fun and embrace these precious weeks of guilt-free hibernation while they last. I mean, do you really want to risk hypothermia just to spend another Saturday night covered in spilled drinks and other people's sweat, elbowing your way across a crowded dance floor and wondering, "Am I having fun yet?"

This winter, I've decided that staying in is the new going out. Instead of whining about frostbitten exposed limbs and overpriced mixed drinks, can we all agree to just stay indoors for the next few months?

Now, before you dismiss me as a friendless shut-in, give the idea of becoming a winter hermit a chance. Think of all the money you'll save, the calories you won't consume, the clothes that will go un-ruined! A few months of self-imposed

house arrest will do wonders for your wallet, waistline and probably your mental health.

You'll host board-game nights, learn how to cook your own meals, sort out your underwear drawer, actually read all those books you so proudly display on your coffee table and go to bed at a reasonable hour. If you're lucky, you'll have a fireplace and all of these indoor activities will seem 1,000 times better because of it.

Ultimately, all any winter hermit really needs is a few bottles of red wine and a subscription to Netflix. Perhaps if you're feeling really ambitious, you'll invite some low-key companions over to share that aforementioned wine and discuss how you actually don't miss going places and doing things at all.

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Read more of Jessica Napier's columns at metronews.ca/shesays



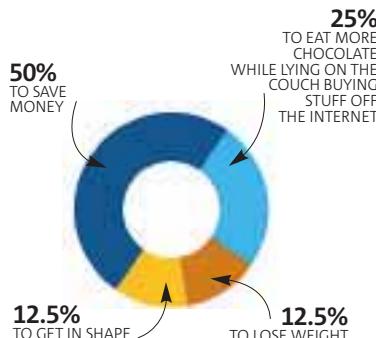
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Register at metropolitanpanel.ca and take the quick poll

This year your new year's resolution is...



Local tweets



@Danni Boi1989:
#ldnont,

#ldnont Help me get atleast 100 people registered for our walk before the end of the month. WalkToFightArthritis.ca

► @BSMMarket: Happy sunny Monday morning #ldnont !!! How amazing do those rays of sunshine feel against the skin?! love it #iamasunworshipper :)

► @kevinjcoreno: Chris Moorehouse; first ever owner of 200\$ banana! #JLC #ldnont

► @TyHetherington: Cant be-

lieve I dont have class until 2 tomorrow... I might actually like Mondays. #Surprise #Monday #Fanshawe

► @leismarie: #Photography @ #Fanshawe, but sometimes feel like wrong program. <3 Photography, it's passion, but so many other passions too. ~sigh

► @dmrodrigues89: "What is #UWO policy on napping during my night shift?" - like really? #sorryimnotsorry

► @erinbrown_: I definitely missed #UWO but I did not miss 9:30am business class. #complainttweet

Daily Zoom



Buried under a blanket of snow

Alaska town calls state for help

A house is buried in snow in the fishing town of Cordova, Ala., in this Jan. 7 photo.

Residents have turned to the state to help them dig out of massive snow levels that have collapsed roofs, triggered avalanches and even covered doors, trapping some people in their homes. Cordova is used to snow, but not like this. **THE ASSOCIATED PRESS**

Heavy, wet snow threatens homes

Officials said at least three buildings have collapsed or partially collapsed, and six homes are deemed severely stressed by heavy, wet snow.

The city has set up a shelter at a local recreation centre, but said people leaving homes in avalanche-risky areas have been staying with other residents.

THE ASSOCIATED PRESS

"We had no alternative but to declare an emergency. ... It became a life-safety issue."
CORDOVA MAYOR JIM KALLANDER

Quite a winter wonderland

The National Guard reported more than 5.5 metres of snow has fallen in the past weeks, although the National Weather Service did not immediately have a measurement.

"There's nowhere to go with the snow because it's piled up so high," said Wendy Rainney, who owns the Orca Adventure Lodge.

THE ASSOCIATED PRESS

Writer captures Maggie's mettle

► Screenwriter Abi Morgan ruffles feathers for her portrayal of Margaret Thatcher in the Iron Lady ► Says the film is a study of power and loss



► Screenwriter Abi Morgan says that Meryl Streep as Margaret Thatcher is 'absolutely dream casting.'

RICHARD CROUSE
SCENE@METRONEWS.CA

Margaret Thatcher, the longest reigning British Prime Minister of the 20th Century, remains a polarizing figure even though she hasn't held office since 1990.

She's a hero to some: Gloucester City Council leader Paul James calls her "the best prime minister there's been." But a villain to others: "She made all manner of cuts society is still recovering from," says Steve Lydon, branch secretary of Stroud Labour Party.

She is now the subject of The Iron Lady — a nickname Thatcher picked up from Soviet newspaper Krasnaya Zvezda — a biography starring Meryl Streep, written by Shame playwright Abi Morgan.

The film has already ruffled the feathers of Thatcher devotees. Tim Bell, a longtime associate of the former PM, called the movie a "non-event" and

"I think she is an absolutely fascinating actress and I felt incredibly reassured when I learned Meryl was going to play the part because I knew she would imbue that character with such humanity and such complexity."

IRON LADY WRITER ABI MORGAN ON THE CASTING OF MERYL STREEP

Tory loyalist Norman Tebbit commented that Thatcher was "never, in my experience, the half-hysterical, over-emotional, over-acting woman portrayed by Meryl Streep."

"It's not a documentary, it's not a social history, it's a drama," says Morgan on the controversy.

"I think if you see yourself as an artist, part of being an artist is to comment on your times. I feel it is a comment but it is a creative comment."

"I hope it's a humane and dignified portrayal. I think anybody can see it's not an attempt to sabotage."

"I feel it is as much the study of power, the study of loss and the study of the isolation of office and [be-

cause] Margaret Thatcher is an icon, a recognizable public figure, she was a way to filter those very powerful themes."

Morgan says those "themes and the ideas and the human story are bigger than the individual."

As written, the character of Thatcher is complex. The film first shows her long after her glory days and works backwards through her career highlights.

Meryl Streep plays her in various stages of her career.

"She is absolutely dream casting," says Morgan.

"There are, obviously, amazing British actors and one would have been lucky to work with any of

Abi Morgan

- ▶ British playwright and screenwriter born in 1968
- ▶ Morgan first wanted to be an actress, but after university took a postgraduate writing course instead
- ▶ She had her start writing plays for theatres in England
- ▶ She also co-wrote Shame, with Steve McQueen

them, but what was exciting to me about working with Meryl is that she's a complete shape shifter.

"I think she is an absolutely fascinating actress and I felt incredibly reassured when I learned Meryl was going to play the part because I knew she would imbue that character with such humanity and such complexity."

"She has such integrity, she just elevates the work."

How Phyllida Lloyd softened an Iron Lady

Considering the historical and controversial stature of Margaret Thatcher's 11-year run as the U.K.'s prime minister, it's surprising there hasn't been a major motion picture about her until now. But director Phyllida Lloyd is happy to get there first. Choosing to focus on the Thatcher of today, with her political career shown in flashback, Lloyd offers a softer, more sympathetic depiction of a woman still reviled by many.

Why do you think there hasn't been a film exclusively about Thatcher until now?

It is surprising. This movie's been a long time in development, and it began as a film about the Falklands War, and then [screenwriter] Abi [Morgan] came onboard and dropped this bombshell and said, "What about setting it in the present?" And I think from that moment everything flowed. I don't know why there hasn't been, to be honest.

Was the focus on her as an older woman part of an attempt to make her more sympathetic, since there is still so much animosity toward her?

In England, she's still one of the most divisive characters, and the debate about her policies and her legacy is really being largely stuck. There's one way of looking at her where she is the monster she-devil who ruined the lives of millions, and on the other hand she is Saint Margaret who rescued Britain from its post-war decline and put us back on the world stage. And there's very little you can find in between those two positions. What we wanted to do was go, "OK, that's all that. Let's just turn this thing upside down and look at it from a completely different point of view."

We talked about it very much as a sort of King Lear for girls. It was a story of a mighty leader who was brought down partly by the enemy within and also by their own kind of hubris.

● NED EHRBAR



Scene in brief



Elton John is writing his first book, a personal account of the AIDS crisis. The musician says Love is the Cure: Ending the Global AIDS Epidemic will include memories of friends who died of AIDS-related illnesses, including Queen frontman Freddie Mercury. British publisher Hodder & Stoughton says the book will be published in July along with an audio book read by the British pop star. The U.S. publisher is Little, Brown.

Proceeds will go to the Elton John's AIDS Foundation.

John said Monday the book would ask why more is not being done to cure the disease. He said AIDS "is a disease that must be cured not by a miraculous vaccine, but by changing hearts and minds, and through a collective effort to break down social barriers."

THE ASSOCIATED PRESS



Tom Hanks' futuristic web series Electric City to stream on Yahoo

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TUESDAY, JANUARY 10, 2012

Cakes over cankles for Jillian Michaels

► Trainer leaves The Doctors over difference of opinions

ALL PHOTOS GETTY IMAGES

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



Jillian Michaels, the trainer we would least like to cross paths with in a dark alley, made a splash when she joined the hit syndicated show *The Doctors* this year as a co-host.

But, last week, after only half the season, she left the show. The split, she told Metro, had to do with cankles.

"It was like the relationship that looks perfect on paper and when you got there it just was all wrong," she told us over the phone.

"They wanted me to do segments on cankles and I wanted to do segments on

food desserts. I wanted to do exposés on how prisoners have better food than our children at public schools. It wasn't anybody's fault, it really wasn't."

"There's no hard feelings."

Michaels said she called one of the producers she was close to in order to end things.

"I said, 'Listen, I know that this isn't working for you guys, because you know I'm not happy and I don't feel happy doing it, and my fans don't like me doing it and your fans don't like me doing what I wanna do, and you know let's just walk away amicably.'"

Food desserts? Public school cafeteria exposés? What is she doing, trying to reposition herself as a new Lisa Ling — but with biceps?



► Jillian Michaels

A limp can't hold Brad back

Brad Pitt will be walking with a cane for a while, thanks to a knee injury — but it didn't occur on the set of a stunt-heavy movie.

Instead, Pitt hurt himself parenting. "I was carrying my daughter (Vivienne) down the hill and I slipped," Pitt says, according to People magazine. "It was either her or me."

It's a good thing that Angelina Jolie is a fan of the new accessory: "I like the cane," she says, adding that the limp hasn't done much to slow Pitt down. "He's not that kind of guy. He does everything still." ■ METRO



► Johnny Depp

Depp headed for breakup?

It may be trouble in paradise for Johnny Depp, as the relationship between the Pirates of the Caribbean star and Vanessa Paradis is reportedly on the rocks, according to Radar Online.

"Johnny isn't handling

anything well right now," a source says.

"People around him are worried about how Johnny is doing because he and Vanessa seem so fractured right now. Their relationship is heading toward the end." ■ METRO



► Brad Pitt



The faces of cancer

► Photo exhibit travelling across Canada to show exactly who prostate cancer has affected

 CELIA MILNE
LIFE@METRONEWS.CA

Who gets prostate cancer? What do they look like? A new photo exhibit takes us into the inner world of this disease, showing us the fear, sadness, love, loss and hope that survivors and their families feel.

Prostate cancer got personal recently when

246,000 Canadians participated in Movember to raise money and awareness about the disease. Today, a photo exhibit called TIED Together begins in Toronto before going across Canada.

The images illustrate the faces of prostate cancer — men of all ages and races and their families. It communicates

prostate cancer doesn't just affect the man, but the whole family," says Rebecca von Goetz, executive vice president of Prostate Cancer Canada (PCC) in Toronto.

The exhibit was created by PCC in partnership with PhotoSensitize, an organization that calls attention — through black-and-white photogra-

phy — to social issues such as AIDS, First Nations literacy and natural disasters.

TIED Together includes more than 100 images and 10 video interviews with cancer survivors and their loved ones.

Included in the exhibit are pictures of Jack Layton, Pierre Trudeau and Alex Baumann.

The exhibit will show at

Brookfield Place in Toronto from Jan. 10 to 21. PCC is looking at future showings in Vancouver, Calgary, Edmonton, Winnipeg and Ottawa.

"As devastating a disease as it is, the images show hope and the strength that these survivors have to continue to enjoy life, despite its challenges," says von Goetz.

LOOKING FOR A NEW PAD?

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3
life

Gift pick

Bright eyes

Even with foundation, after too much partying there is one area of the face you can't hide: the eyes. LP Skin Therapy Untired eye cream firms skin to reduce the appearance of dark circles.

► METRO



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Lower cutoff for lead poisoning raises awareness of how to protect kids

FitzRays shoots, scores and wins the hearty fare game

► This spot boasts a sports theme, live music, small patio & welcoming vibes

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA



Adjacent to the JLC, FitzRays is suitably located for pre- or post-game nosh.

Its sports theme, live music and small patio provide reasons to visit. Our server makes us feel immediately welcome.

Reflecting its dual role as bar and restaurant, the décor can use freshening up yet provides casual comfort.

The menu is an expect-

FitzRays Restaurant & Lounge

110 Dundas St. (at Talbot)
519-646-1112
fitzrays.com
Reservations: No
Licensed: Yes
Quick solo lunch: No
Social lunch: Yes
Client negotiations: No
Co-worker lunch: Yes
Price range: \$7.99 - \$14.10
Rating: 3.5 out of 5



► French dip with Greek salad.

ed collection of sandwiches, pizzas and pastas.

FitzRays Philly Roast Beef (\$9.69) is recommended but I order the French dip (\$8.69) with a Greek salad side.

Sandwiches offer the best value as some items

look overpriced.

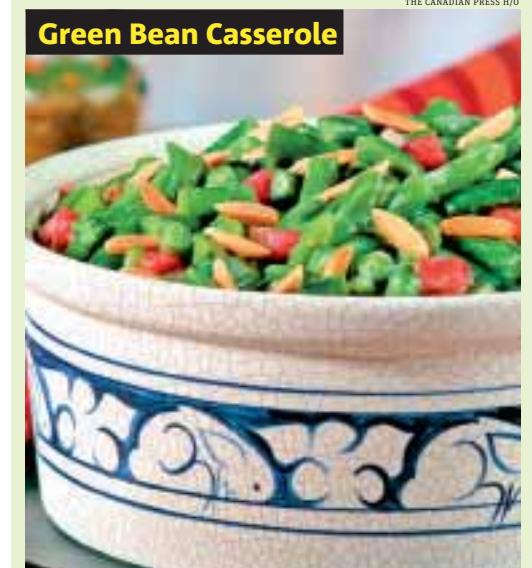
Messy and tasty, my lunch arrives loaded with sliced roast beef, a smattering of cheese and a bland jus. The really buttery toasted sourdough bread is ideal.

The "Canadianized" sal-

ad of lettuce, feta, tomato, cucumber and onion is dressed with olive oil that needs vinegar.

My guest's fries look tempting.

For its friendly service and hearty fare, FitzRays scores big time!



THE CANADIAN PRESS/H/O

Green Bean Casserole

A slow cooker is a wonder gadget to have during the winter season.

Here it is used to cook a green bean casserole.

Just combine the ingredients in the cooker and it's ready in three to four hours.

Preparation:

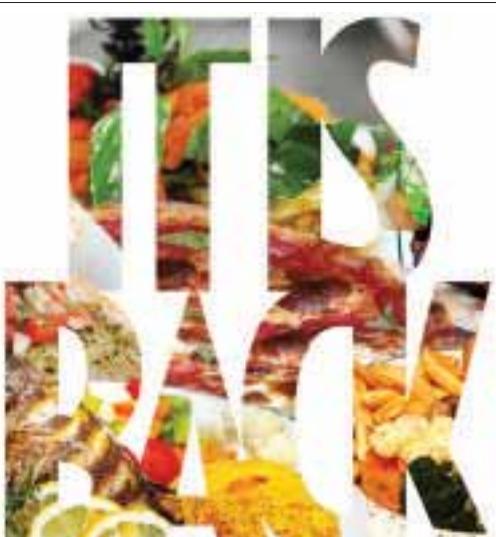
- 1 Combine all ingredients except almonds in a 2.5-l slow cooker. Cover and cook on low for 3 to 4 hours. Sprinkle with almonds.

THE CANADIAN PRESS/CROCK-POT

- 15 ml (1 tbsp) chopped roasted red peppers
- 5 ml (1 tsp) dried sage
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) black pepper
- 1 ml (1/4 tsp) ground nutmeg
- 125 ml (1/2 cup) toasted slivered almonds

Ingredients:

- 2 pkgs (each 280 g/10 oz) frozen green beans, thawed
- 1 can (284 ml/10 oz) condensed cream of mushroom soup, undiluted
- 15 ml (1 tbsp) chopped parsley



JANUARY 20 - FEBRUARY 5
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FESTIVAL

Mac & cheese goes Italian

Inspired by the Italian sub popular in the Northeast, this pasta sautées salami, garlic peppers, sun-dried tomatoes and onion. The cheese sauce is creamy and sharp with a mix of fontina and picante provolone.

Preparation:

- 1 Bring a saucepan of salted water to a boil. Add pasta and cook according to package directions. Drain and set aside.

- 2 Meanwhile, in a large saucepan over medium-high, sauté salami until crisped and browned, about 5 minutes. Add sun-dried tomatoes, garlic peppers and onion. Continue to cook until onion is very tender, 5 to

6 minutes. Add butter and stir until melted. Add flour and stir to coat.

- 3 While stirring continuously, pour in milk. Bring mixture to a boil, continuing to stir. Cook for 5 minutes. Turn off heat and stir in fontina and provolone, one at a time, to ensure even melting. Stir in basil and cooked pasta. Season with salt and black pepper. THE ASSOCIATED PRESS

Ingredients:

- 500 g (1 lb) orecchiette pasta
- 140 g (5 oz) dry salami, diced (about 250 ml/1 cup)
- 125 ml (1/2 cup) chopped



Italian Macaroni and Cheese

► This recipe serves eight.

oil packed sun-dried tomatoes

- 625 ml (2 1/2 cups) milk
- 250 ml (1 cup) shredded fontina cheese and picante provolone cheese
- 125 ml (1/2 cup) shredded basil
- Salt and black pepper



THE WORLD CAN BE A RUDE PLACE

Good day. I had to write in about adult manners. While my husband was parking our car over by Tags MicMac Mall, myself and youngest grandchild was waiting for him by the entrance of Winners. My grandchild held the door open for about 100 adults and maybe five said thank you. The rest walked by and didn't even look at her. How do I explain this to my grandchild?

I love your email, thank you!

I'm certainly not trying to make excuses for those people who did not say thank you, but it was five days before Christmas and I'm sure those shoppers were preoccupied with their Christmas shopping in a busy mall.

Some people say that when someone doesn't say thank you, you should say

CHARLES THE BUTLER



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back in a loud stern voice 'you're welcome!' to make them aware of their mistake.

I understand why people want to do that, however I do not advise this because pointing out people's social mistakes publicly is not polite nor the gracious thing to do on your part — two wrongs don't make a right. But I do hear your frustration loud and clear. I promise I'm listening.

So what to tell your granddaughter? Well, the truth is first teaching her to always be polite and say thank you herself (I'm sure you have already done that).

Second, tell her the truth that some people in this world are rude and don't say thank you. This is going to happen to her in life and she has two choices: stop being polite all together or just let it go. Finally, know that, generally, when people are rude such as in these circumstances, they are not trying to purposely hurt her feelings, they just don't know any better.

Ultimately, I believe teaching her to be the example is the right thing to do.

**HAVE A QUESTION? EMAIL CHARLES AT
ASKCHARLESTHEBUTLER@
METRONEWS.CA.**

A 'front row seat' to history

► Ex-coach of Tiger Woods writes about their time together

Hank Haney has written a book about the six years he spent as Tiger Woods' swing coach, a volatile time in which Woods went from winning nearly half of his tournaments to a scandal that derailed his pursuit of golf history.

"I get asked all the time about Tiger, what it was like to work with him," Haney said in a telephone interview. "I felt like I had a front row seat to golf history. It just kind of chronicles a little bit of what I went through, what I dealt with, how I coached and the observations I made."

Haney began working with Woods at the Bay Hill Invitational in 2004. They parted ways a month after the 2010 Masters, where Woods made his return to golf after being exposed for multiple extramarital affairs that shattered his image and led to divorce.

Most of the people involved with Woods have signed a nondisclosure agreement. Haney said he signed no such thing — "I didn't even have a contract," he said — although he said the book was not intended to "take jabs at anyone."

Mark Steinberg, Woods' agent at Excel Sports Management, said he was aware of the book *The Big*



Miss but that Woods had not seen any excerpts and would have no comment.

Haney was asked whether he thought Woods will like it.

"If he reads it, I don't think it will be a book that bothers him. It's hard to say," Haney said.

"Anybody who reads it will think it's interesting, very fair and honest, and that's what I wanted to do. I was on that job for six years. There were 110 days a year I was with him. I stayed at his house for close to 30 days a year. You make a lot of observations."

The book will be released by Crown Archetype, part of the Crown Publishing Group at Random House, Inc. It is

Scandal

► As for the serial adultery, Haney said he didn't know about it and doesn't delve into that chapter of Woods' life in the book, except for his return from the scandal after going nearly five months without competition.

► "It's something you can't NOT talk about," Haney said. "My last tournament was the Masters, and that was his first tournament back from the scandal. I didn't know anything about the girls. That's not something I could specifically comment on. Everything I comment on is what I observed and the facts I knew. I didn't know anything about that."

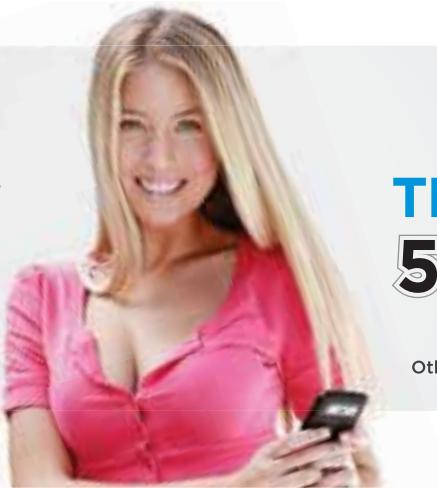
scheduled to be published March 27 — one week before the Masters — and issued simultaneously in print and digital formats in the United States and Canada.

Haney wrote the book with Jaime Diaz of Golf Digest, whose coverage dates to when Woods was a teenager and Diaz played golf with Woods and his father. Diaz also spoke at the memorial service for Earl Woods.

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If course length is a concern, look into Fanshawe's Accelerated Career Training (ACT) programs, which allow you to condense your studies. And if you are simply interested in a quick skills refresher, Fanshawe also offers "In-A-Day" workshops — intensive, single-day courses designed to make the most of your time.

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To learn more about courses, course requirements, and flexible start-dates, visit fanshawec.ca/continuing-education today.

The advertisement features a modern building facade with large glass windows and a brick section. The text "Winter 2012" is visible above the main title. The main title "Continuing Education" is written in a large, stylized red font. Below it, "Registration open!" and "Courses starting on January 9th!" are displayed. The Fanshawe College logo, consisting of a stylized "F" and "W" intertwined, is shown next to the text "FANSHAWE COLLEGE". At the bottom right, the website "FANSHAWEC.CA/CE" and the phrase "for more details" are provided.

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Continuing Education

Registration open!

Courses starting on January 9th!

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for more details

FANSHAWE COLLEGE

PUT YOUR PAWS ON CAREERBEAR

NEW WEBSITE AIDS TO SOLVE PROBLEM SURROUNDING FINDING DREAM CAREER

CareerBear.com, a new website, is the first in Canada to help people learn more about their dream careers and take steps to become what they want to be.

Many of us like to daydream — usually while at our current job — about other careers. Maybe you have thought about becoming a chef (you have always loved whipping up tasty improvisations for dinner), or a plumber (after

realizing how much it cost to fix that leak) or a pilot (because pilots are cool).

Many of these careers and others are often shrouded in mystery. For example, most people don't know how much a flight attendant makes, or what kind of training is required to become a paralegal. And even if you search around online, it's unclear from most websites how to take it to the next step if you

want to pursue that career.

CareerBear.com aims to solve this problem. First, you select a career — any of those mentioned above, plus more in the fields of skilled trades, IT, creative arts, business, etc. Then the site provides you not just with quick facts and articles about how to make your move, but also suggests programs and schools in your area.

For example, let's say you wanted to learn more about becoming a pharmacy assistant. The site's "quick facts" tell you that employment prospects are good (there are lots of open positions, plus aging demographics are expected to fuel demand for health services) and articles let you know more about the job and some required skills you may not have guessed (for example, pharmacy assistants apparently need "good manual dexterity").

In addition, CareerBear.com automatically detects your location and suggests relevant training opportunities closest to your city.

If you have ever thought about changing careers or want to learn more about a different path, the site is definitely worth checking out.



MANY CHOICES

CareerBear.com features more than 40 different careers, sorted either by name or by industry.

The site lists programs closest to major cities Vancouver, Edmonton, Calgary, Winnipeg, London, Toronto, Ottawa, Montreal and Halifax.

The site is totally free to use, supported by advertising.

A screenshot of the CareerBear.com website. At the top, there is a navigation bar with links for Home, About, Contact, and Log In. Below the navigation is a large search bar with the placeholder text "What do you want to be?". To the right of the search bar is a button labeled "Find Out". Below the search bar, there is a section titled "Do your resolutions include finding a new career?" with a sub-section "Explore what you want to be and how to get there.". On the left side of the page, there is a sidebar titled "Industry Listing" with a list of categories such as Business & Finance, Technology, Health Services, Manufacturing, Construction, Agriculture, and Transportation. The main content area shows a grid of cards representing different careers, each with a small thumbnail image and a title like "Pharmacy Assistant".

Do your resolutions include finding a new career?

Explore what you want to be and how to get there.

Visit
CareerBear.com
to learn more



AN EPIC \$10K FALL

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Last September I was hiking in St. John's, NL. While gawking at the ocean, I neglected to watch where my feet were headed and fell flat on my face. My fall resulted in whiplash, a concussion, a displaced jaw, scrapes and bruises. Since then, I've been seeking treatment from a slew of doctors, dentists, physiotherapists, chiropractors and massage therapists.

My road to recovery will take around one year and cost \$10,000. Unfortunately, like many Canadians, my medical insurance is limited and unlikely to cover even 25 per cent of my expenses. So, I'm now on the hook for a series of bills I

wasn't expecting. My injury is a classic example of why it is important to have emergency funds.

Experts recommend that every household has three months of salary tucked away in case of an emergency. This is a lot of money! To make saving less painful, build this fund over time through automatic contributions to a savings plan that earns interest.

Start by setting aside three to five per cent of your income; then increase it to six or seven per cent when you're ready. Once you reach your savings goal, you can stop contributing.

Reduce the temptation to spend this cash by keeping the money somewhat accessible, but removed from your day-to-day spending. Consider putting it in a low-risk money market mutual fund, a GIC, or a high-interest savings account. Hopefully you'll never experience an emergency. But, if you do, you'll be prepared.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

This is the time of year when you tell yourself to save more and contribute more to your RRSP. Yes to the first one but the second, perhaps not.

Certainly Canadians need to save more than the current rate of four per cent of income. However, the default destination for those savings, an RRSP, isn't necessarily the right one.

Anyone who is likely to qualify for the Guaranteed Income Supplement (GIS) after age 65 is better off with a non-registered investment fund, a GIC, or a Tax Free Savings Account (TFSA). Mandatory RRIF withdrawals could result in a reduced or eliminated GIS.

Retirement ready?

- 96% of tax filers were eligible to contribute to RRSPs in 2010.
- 26% of tax filers contributed to RRSPs in 2010.

GIS eligibility is reduced as net income rises and disappears entirely at about \$16,000 for singles and \$21,500 for couples (Old Age Security does not count as income).

At the other end of the scale, those likely to have significant incomes after retirement from a combination of pensions, non-registered investments and other income could face not only a high post-retirement tax rate, but claw back of OAS and a reduction in their personal exemption.

The latter is not well known and can be a considerable shock. Though OAS



► Alison's money rule: Sometimes there are better ways to save for retirement than through RRSPs.

claw back doesn't kick in until a net income of around \$68,000, the age amount tax credit for those 65 and over will be reduced once net income reaches roughly \$33,000.

TFSAs are great alternatives for those wanting to save outside an RRSP. However, you can only deposit \$5,000 annually. Another alternative are non-registered investment accounts, though you will pay tax on income or capital gains.

A final "savings" alterna-

tive is to pay down debt.

Even though your interest costs may be low, every dollar you put on debt is a form of savings.

And last week I included details of a contest to win a one-on-one consultation with me. Unfortunately the link was not live. But it is now at my website, alisongriffiths.ca.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

Debt control: How low can you go?

The first step to lowering your debt is admitting you have a problem.

If you answer yes to any of these five questions, managing debt may be an issue in your life:

- Do you frequently pay your bills after their due date?
- Do you advance money from one credit card to pay off another one?
- Do you ask to borrow money from friends or family to pay your bills?

- Have you had your utilities cut off?
- Have you thought about getting a second job just to pay the bills?

Start the new year off on fresh footing and vow to get out of debt.

Consider these four tips from Industry Canada:

- Set a limit for your spending and stick with it. This is easier said than done, however. Industry Canada has links to some great online budgeting



► Make a plan to get out of debt this year.

tools such as Take Charge of Your Debts at ic.gc.ca/debt.

• Get credit counselling. A budget advisor or credit counsellor will help you establish a realistic plan for managing your money. Many community and consumer organizations offer these services for free or for a small fee.

• Think outside the box. Examine your expenses — both big and small.

Can you skip the expensive foreign vacation you

take every year? Are there small but regular expenses you could cut that could make a big difference over time, such as packing a sandwich rather than buying a lunch?

• Consider consolidating your debts. Contact your creditors or financial institution about pooling your debts to lower your interest rate. Then you'll have one payment at the same interest rate versus many at varying rates. **NEWS CANADA**

LOOKING TO MAKE A CAREER CHANGE?

Read metro work every Monday & Wednesday.

Spiralling Blue Jackets fire coach

The last-place Columbus Blue Jackets are turning to a new coach in an effort to salvage something from a disastrous season.

Scott Arniel was fired following a 7-4 loss to Anaheim on Sunday night. Assistant Todd Richards takes over until the end of the season, when a full search will be conducted.

The Blue Jackets are 20 points out of playoff position with half a season to play.

"It's gone off the rails since then," Howson said Monday.

Once the GM made the decision to fire his coach, he flew to California on Saturday to deliver the news in person. Howson, who is undeniably on the hot seat himself, sought approval from his bosses to make the move and received it.

This was supposed to be a season of hope and change for the Blue Jackets. Centre Jeff Carter was acquired in a trade from Philadelphia and defenceman James Wisniewski inked a \$33-million US, six-year contract.

But Wisniewski was suspended eight games stemming from an ugly pre-season hit and Carter fractured his right foot in October as Columbus stumbled out of the gate. The season was essentially lost by the time the team hit the 15-game mark at 2-12-1. **THE CANADIAN PRESS**

"He did everything he could. ... It just didn't work for him with this group."

COLUMBUS GM SCOTT HOWSON ON FIRING COACH SCOTT ARNIEL



Halak returns to his former habitat

► Canadiens' 2010 playoff hero returns to Bell Centre for first time with Blues ► 'I would look like an idiot not to put him in,' says St. Louis coach

You can still find people in Montreal wearing T-shirts with Halak written on a stop sign that were the hottest item in town when the Canadiens went on a playoff roll two seasons ago.

Some think the Canadiens made their worst move ever when they dealt Jaroslav Halak to the St. Louis Blues just weeks after the playoffs to give the goaltending job to talented but then-underperforming prospect Carey Price.

That debate will be re-nited on Tuesday night when the two goalies go head-to-head as the Blues

make their first visit in two seasons to the Bell Centre.

"I was hoping to get a game here and it's great that the coach (Ken Hitchcock) thought about me," Halak said Monday. "He's giving me the start and hopefully I can do my best and get a point or two."

"It's great I still have fans here. I appreciate it."

Brian Elliott was coming off a shutout in the Blues' win over Colorado Saturday. But Hitchcock didn't hesitate to announce Halak as his starter in Montreal.

Halak was king in Montreal in the spring of 2010. He was spectacular as

"I felt I learned a lot of lessons during that time."

CAREY PRICE ON PLAYING BACK UP BEHIND JAROSLAV HALAK DURING MONTREAL'S 2010 PLAYOFF RUN

Montreal came back from a 3-1 deficit in the opening round to oust first-place Washington.

Then they knocked off the favoured Pittsburgh Penguins to reach the conference final for the first time since their last Stanley Cup triumph in 1993, only to fall to the Philadelphia Flyers.

When the playoffs end-

ed, Canadiens management was stuck between two talented young goalies.

They chose Price, and wasted no time sending Halak to St. Louis for prospects Lars Eller and Ian Schultz, causing an outcry heading into the 2010-11 season.

They were humbling times for Price and he was a fitter, better goaltender the next season as the starter.

"Being able to watch for a while and seeing what I needed to do to be successful at that time really helped," said Price. "Being able to sit on the bench and watch probably benefited me." **THE CANADIAN PRESS**



Sports in brief



Andrea Bargnani, above, scored 31 points and hauled in nine rebounds on Monday as the Toronto Raptors overcame the Minnesota Timberwolves with a 97-87 win. Amir Johnson had a season-best 19 points to go with 11 rebounds for Toronto (4-5), while Jose Calderon added 14 points and six assists. Jose Barea led Minnesota (3-6) with 16 points while Kevin Love had 14 rebounds and 13 points. Luke Ridnour and Derrick Williams scored 13 each and Ricky Rubio added 10.



Hall of Fame nod makes sense to Larkin

Barry Larkin has been elected to baseball's Hall of Fame.

The former Cincinnati Reds shortstop received 495 votes (86 per cent) in balloting announced Monday by the Baseball Writers' Association of America, well above the necessary 75 per cent. Larkin was on the ballot for the third time after

30 In 1996, Barry Larkin became the first shortstop to have 30 homers and 30 steals in a season.

falling 75 votes short last year.

He will be inducted July 22 in Cooperstown along with the late Ron Santo, elected last month by the Veterans Committee.

"It's just amazing," Larkin said in an interview on MLB Network. "Last year I just started to smell it a little bit."

"The first year I didn't even think it was fathomable, to be quite honest."

Jack Morris was next with 382 votes (67 per cent), missing by 48 votes on his 13th try but up

sharply from 54 per cent last year. The former Toronto Blue Jays pitcher has two chances left on the BBWAA ballot.

Playing from 1986 to '04, Larkin hit .295 with 198 home runs, 960 RBIs, 2,340 hits and 379 stolen bases. He won the 1995 NL MVP award, three Gold Gloves and the 1990 World Series. **THE ASSOCIATED PRESS**



Scan code for more sports.

After Tebow, many questions

► Banged-up Steelers still reeling following shocking loss to Broncos ► Aging defence may require roster moves

Mike Tomlin wouldn't change a thing. Probably.

The Pittsburgh Steelers coach said Monday he'd defend Broncos quarterback Tim Tebow the same way if given another chance, even after Tebow burned the defending AFC champions for an 80-yard touchdown pass on the first play of overtime to lift Denver to a stunning 29-23 victory.

"Obviously they made some nice plays on us and in hindsight you would analyze it, but your options are limited in terms of how you attack them," Tomlin said.

The Steelers crowded the line of scrimmage and

dared Tebow to beat the NFL's top-ranked defense with his sometimes erratic left arm. Tebow obliged by throwing for 316 yards and a pair of long touchdowns, including the dart Demaryius Thomas turned into the quickest overtime score in NFL playoff history.

"They made a nice football play," Tomlin said.

One that sent the Steelers into what could be an eventful off-season sooner than they hoped.

A year after falling just short in the Super Bowl, the Steelers went 12-5 despite a rash of injuries affecting every position. Even if Pittsburgh had somehow prevailed in



► Steelers coach Mike Tomlin looks on prior to the start of Sunday's game against the Broncos.

Denver, there's no telling how many healthy bodies would have been left to play on Saturday night in

New England.

Left tackle Max Starks and nose tackle Casey Hampton both sustained

knee injuries that could require surgery. Defensive end Brett Keisel's groin acted up and linebacker LaMarr Woodley's strained right hamstring remains balky more than two months after tweaking it.

Those injuries don't include quarterback Ben Roethlisberger's sprained left ankle, safety Troy Polamalu's tender right calf or centre Doug Legursky's aching left shoulder.

Cornerback Ike Taylor, who let Thomas get by him for the game winning TD, will get a chance at redemption next season after signing a four-year contract in the pre-season. So will Polamalu and Woodley, who both agreed

to extensions before the regular season kicked off.

They're among the few certainties on a still formidable but aging defence that started seven players in their 30s on Sunday.

Tomlin allowed that "change is a part of this thing" but the Steelers will do what they can to keep the core group together.

There are fewer questions on offence, though the unit underperformed at times, finishing 22nd in the league in points per game. Roethlisberger played through thumb and foot injuries behind an offensive line that didn't find any cohesion until the second half of the season. **THE ASSOCIATED PRESS**

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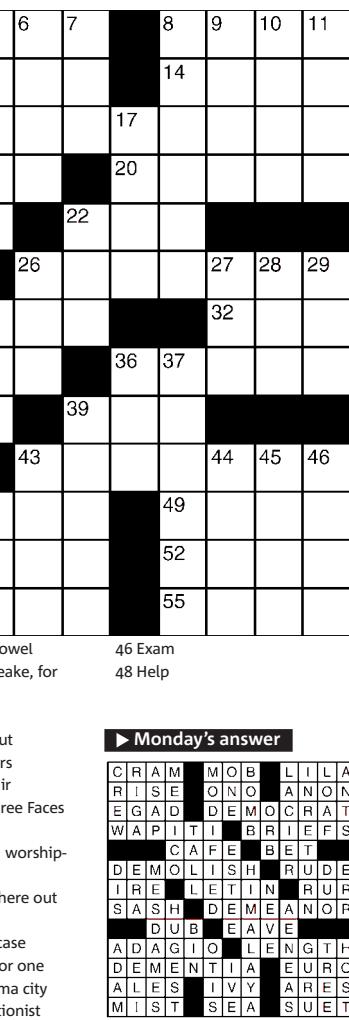
Crossword

Across

1 Swiss peaks
5 Omega preader
8 Old letter opener
12 Stead
13 Aries animal
14 Cut, as hair
15 Vend
16 Risque
18 Away from the Internet
20 Robust
21 Part of ESL
22 "— the ramparts..."
23 Flowerless plants
26 Illegally ahead of the football
30 Bullring bravo
31 Diner order, for short
32 Collection
33 SUV's milieu, maybe
36 Ballroom favorite
38 Actress/author Sedaris
39 Rowing need
40 Part of Hispaniola
43 Eccentric
47 In the wings
49 Boleyn or Bancroft
50 El —, Texas
51 Sportscaster Cross
52 Little lice
53 Press
54 Chef Boy-Ar —
55 Tend texts

Down

1 As well
2 Gladly
3 Money
4 Morose
5 Tine
6 Secure
7 Global currency org.
8 Uses Brillo
9 Troubles
10 Laugh-a-minute type
11 Agile
17 Staff leader?
19 Officeholders
22 Frequently
23 Egg-yung link
24 Sprite
25 Ump
26 Antiquated
27 Doctrine
28 Society newcomer



► Monday's answer

C	R	A	M		M	O	B	L	I	L	A
R	I	S	E		O	N	O	A	N	O	N
E	G	A	D		D	E	M	O	C	R	A
W	A	P	I	T	I	B	R	I	F	F	S
						C	A	F	E	B	T
D	E	M	O	L	I	S	H	R	U	D	E
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S	A	S	H	D	E	M	E	A	N	O	R
D	U	B	E	A	V	E					
A	D	A	G	I	O	L	E	N	G	T	H
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A	L	E	S	I	V	Y			A	R	E
M	I	S	T	S	E	A			S	U	E

Today's horoscope

**Aries** March 21-April 20

You may find it difficult to focus today. But that's OK. Variety is good for you.

Taurus April 21-May 21

People you live and work with will have you running in all directions today. Know when to say "no".

Gemini May 22-June 21

According to the planets, you are reading too much into what is really a perfectly normal situation.

Cancer June 22-July 22

You need to find a way to let off steam without turning people against you. Yes, OK, you have a right to be angry but you also need to think about your reputation.

Leo July 23-Aug. 23

What annoys you are trivial things that are simply not worth getting worked up about. Ignore insignificant issues today.

Virgo Aug. 24- Sept. 22

People expect you to speak your mind and you certainly won't let them down over the next 24 hours.

Libra Sept. 23-Oct. 23

A breakthrough may be closer than you realize.

Scorpio Oct. 24-Nov. 22

Avoid getting involved in disputes that have nothing to do with you.

Sagittarius Nov. 23-Dec. 21

You may be tempted to place your trust in a friend of a friend,

and for expanded horoscopes, go to metronews.ca simply because they act and sound so confident, but is that such a good idea?

Capricorn Dec. 22-Jan. 20

Not everyone takes life as seriously as you, so don't be surprised if something you live or work with fails to see the gravity of your current situation.

Aquarius Jan. 21-Feb. 18

Someone, somewhere is sure to feel the edge of your tongue today.

Pisces Feb. 19-March 20

Don't get uptight if someone whose support you can usually rely on fails to help you today. They have their own life and their own issues. ■ SALLY BROMPTON

Sudoku

						9		6			
4	6						5	3			
	7			4				5			
3			4	8				7			
7			9	2	1				1		
	3					6		4			
	1	7					9	8			
2		9									

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ►

2	6	5	1	4	7	9	3	8			
1	3	4	8	9	2	5	7	6			
9	7	8	3	6	5	2	1	4			
7	5	3	6	1	8	4	2	9			
8	8	9	4	2	3	7	5	1			
4	2	1	5	7	9	8	6	3			
5	1	7	9	3	4	6	8	2			
3	9	2	7	8	6	1	4	5			
8	4	6	2	5	1	3	9	7			

Today



Wednesday



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"We're worth our weight in gold." NOLAN

DAVID J. PHILLIP/THE ASSOCIATED PRESS



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Smor, You are the type of person I would like to call smor! Always making me laugh-a good quality to have. Love it when you protect me during our occasional walks, if you know what I mean. LOL. I probably made you do things you would have never done yourself so here is to us and for more crazy adventures together. Love you babes! FROM CECI

St. Joseph of Cupertino, Thanks for your help during exams! We really appreciate it, especially since we know how busy you are around that time of the year.

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